

Senior Exercise



Exercise classes for senior citizens prove that persons of any age can benefit from moderate exercise. The exercise classes offer a safe and comfortable environment for senior citizens to engage in physical activity and maintain or improve their level of fitness. Through exercise classes, senior citizens learn about the importance of regular exercise and the impact it can have on their quality of life. These classes also produced measurable improvements in seniors' balance, flexibility, and by extension, safety.

Classes are offered Monday, Wednesday and Friday.

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